



Lectio Divina for the First Week of Advent

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prepare our hearts, we pray, O Lord our God,
by your divine power,
so that at the coming of Christ your Son
we may be found worthy of the banquet
of eternal life
and merit to receive heavenly nourishment
from his hands.

Who lives and reigns with you in the unity of the
Holy Spirit, God, for ever and ever.

(Collect, Wednesday of the First Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 24:37-44

Jesus said to his disciples: “As it was in the days of Noah, so it will be at the coming of the Son of Man. In those days before the flood, they were eating and drinking, marrying and giving in marriage, up to the day that Noah entered the ark. They did not know until the flood came and carried them all away. So will it be also at the coming of the Son of Man. Two men will be out in the field; one will be taken, and one will be left. Two women will be grinding at the mill; one will be taken, and one will be left. Therefore, stay awake! For you do not know on which day your Lord will come. Be sure of this: if

the master of the house had known the hour of night when the thief was coming, he would have stayed awake and not let his house be broken into. So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come.”

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.

Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

In those days before the flood, they were eating and drinking, marrying and giving in marriage. What distracts me from prayer and from spending time in the presence of God? What steps can I take to limit these distractions?

They did not know until the flood came and carried them all away. When have I avoided noticing the needs and concerns of others? How have I let my own desires and preoccupations carry me away from my life of faith?

So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come. What can I do this Advent to help prepare for Christ's coming at Christmas? How can I live in expectation of Christ's coming at the end of time?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer

I rejoiced because they said to me,
"We will go up to the house of the LORD."
And now we have set foot
within your gates, O Jerusalem.

Jerusalem, built as a city
with compact unity.
To it the tribes go up,
the tribes of the LORD.

According to the decree for Israel,
to give thanks to the name of the LORD.
In it are set up judgment seats,
seats for the house of David.

Pray for the peace of Jerusalem!
May those who love you prosper!
May peace be within your walls,
prosperity in your buildings.

Because of my brothers and friends
I will say, "Peace be within you!"
Because of the house of the LORD, our God,
I will pray for your good.

(From Psalm 122)

Living the Word This Week

How can I make my life a gift for others in charity?

If possible, spend some quiet time in prayer before the Blessed Sacrament.

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